

UNIVERSAL FITNESS NETWORK, Inc.
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FACTS ABOUT THE PHYSICAL FITNESS ASSESSMENT TESTS

Universal Fitness Network, Inc. specializes in physical fitness testing for police. This company owned and operated by Betty and Ronald Henson has tested thousands of police officers and applicants on the four component fitness tests. Physical fitness is a health status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required. These assessment tests include the following:

1. **SIT AND REACH TEST** – This test measures flexibility, the ability of a joint to move through its full range of motion. Flexibility is included in total fitness assessment because of the wide spread problems of low back pain and joint soreness. Flexibility is extremely important for general fitness and wellness.
2. **1-MINUTE SIT-UP TEST** - This test measures muscular endurance, the ability to contract the muscle repeatedly over a period of time. Low levels of muscular endurance indicate inefficiency in movement and a low capacity to perform work. Muscular endurance is important for injury prevention and helps to enhance performance.
3. **1 REPETITION MAXIMUM BENCH PRESS TEST** – This test measures muscular strength, the amount of force a muscle can produce with a single maximum effort. Muscular strength is important for performing police tasks, those especially requiring upper body strength. Strong muscles keep the skeleton in proper alignment, preventing back and leg pain. Maintaining strength and muscle mass is vital for quality of life and prevention of life-threatening injuries.
4. **1.5 MILE RUN TEST** – This test measures cardiovascular endurance, the ability to perform prolonged, large muscle, dynamic exercise at moderate-to-high levels of intensity. Cardiovascular endurance depends on such factors as the ability of the lungs to deliver oxygen from the environment to the bloodstream, the capability of the body's chemical systems to use oxygen and process fuels when needed, and the heart's capacity to pump blood. Improving cardiovascular endurance, improves the efficiency of the heart. A healthy heart can better withstand the strains and demands put on the body, the wear and tear of time and is crucial for performing police tasks involving stamina and endurance. Cardiovascular endurance is a central component of fitness because the functioning of the heart and lungs is so essential to overall good health and performance, and protecting against disease.

INSTRUCTIONS FOR EACH TEST



SIT AND REACH

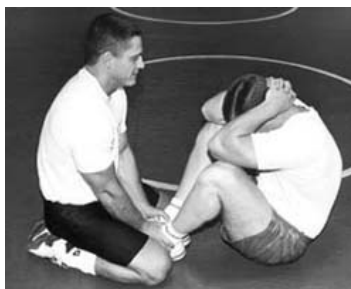
Preparation to test – Warm up your muscles with a low-intensity activity, such as marching in place or walking. Then perform slow stretching movements.

Instructions

1. Remove your shoes and sit facing the flexibility measuring device with your knees fully extended and your feet flat against the device about 4 inches apart.
2. Reach as far forward as you can, with palms down, fingers interlaced, arms evenly stretched, and the knees fully extended. Push the slide forward, without bouncing or bending the knees.
3. Three trials will be given, with the longest reach being recorded as the score. (A score of 15 inches is equivalent to reaching to the toes.)

Training

1. To increase flexibility, perform daily stretching exercises by sitting on the ground with the legs straight out in front of you.
2. Slowly extend forward, bending from the hips, and extend the fingertips toward the toes and beyond. Keep the legs straight.
3. Hold for 10 seconds, then release. Repeat 5 times.



SIT UPS

Instructions

1. Start by lying on your back on the floor/mat with bent knees. Your feet will be secured either by another person or by placing them underneath a heavy set of dumbbells.

2. Interlock the hands behind the head. A complete sit up includes raising up from the floor until the elbows touch the knees/upper thighs and back down to where the shoulder blades touch the floor.
3. Breathe out on the way up and take a breath as you return to the floor. The hips must remain down on the floor when performing each repetition.
4. **If the fingers do not remain interlaced, that repetition (s) will not count.**
5. The required number of repetitions must be performed in one minute.
6. You may rest during the repetitions, but it is suggested that you try to complete the required number at a steady pace. If you absolutely must rest, rest in the up position.

Training

1. Specificity of training is important with sit ups! In order to train the abdominal muscles to perform the required number of repetitions in one minute, you must practice performing this test with a progressive routine in order for the muscles to adapt.
2. At home, or at your fitness facility, secure your feet and practice the full sit ups as instructed above. Muscular endurance is increased through practice and repeated contractions of the specific muscle groups. Perform this exercise 4-5 times each week, increasing the number of repetitions each week as the muscles adapt.



BENCH PRESS

A UNIVERSAL VARIABLE RESISTANCE BENCH PRESS MACHINE WILL BE USED TO PERFORM THIS TEST.

Instructions

1. The required amount of weight to be lifted will be determined based on age, gender and body weight.
2. Each person will receive 5-6 lifts, including warm-up lifts, to complete the maximum lift.
3. Warm-up lifts are required and will be determined by the instructor giving the test.
4. Lie on the bench with your feet firmly on the floor or on the bench in a bent knee position. Grasp the handles with palms away from you. The handles should be aligned at mid chest level.
5. You may move your hands to any position on the lift bar. (Wider than shoulder width apart is recommended to utilize the chest muscles.)

6. Push the bar upward until the arms are fully extended. Exhale as you lift. Keep your feet firmly on the floor or on the bench. Push the weight evenly with your right and left arms.

Training

1. The best way to prepare for this test is to progressively lift weights. Strength gains take time. Perform weight training 2-3 times each week, with a day of rest in between workouts.
2. Determine the maximum weight you can presently lift one time. Take 60% of that poundage, as the training weight, and perform 8-10 repetitions of that weight. Do 3 sets of 8-10 repetitions adding 2 ½ to 5 pounds every week.
3. Always warm up by lifting a minimum amount of weight 8-10 times to prevent injury.
4. If you do not have weight equipment, then the push up exercise can be utilized. At least 3 times a week perform 3 sets of push-ups, the amount you can do in one minute. This will help to strengthen the upper body, but is not as effective as specific weight training.



1.5 MILE RUN

Instructions

1. This test requires running 1.5 miles at the specified time according to your age and gender. The score will be in minutes and seconds. The timers will record and count each lap.
2. Try to cover the distance as fast as possible without becoming prematurely fatigued. Practice prior to test day insures you will know how to properly pace yourself to meet the necessary time.
3. It is important that you wear proper running shoes for this test. It is suggested that you wear shorts for the run (if it is indoors), so you will not become overheated.

Training

1. It is very important to properly train several weeks prior to the test day to develop the cardiovascular system. The body takes time to

- adjust to the demands of running, but consistency develops improvements.
2. For the beginner, start with walking 1 mile at a fast pace (15-20 minutes), 5 times per week. Each week increase the distance by $\frac{1}{4}$ mile, up to 2 miles. Begin to walk faster, alternating jogging with walking. Work progressively to decrease the time walking and increase the jogging time, up to the point where you can comfortably run 2 miles in 18-20 minutes. Perform this exercise 4-5 times per week.
 3. Time yourself frequently, at the 1.5 mile distance so you will understand the proper pace needed to meet the time requirement.
 4. Drink water before and after the run to prevent dehydration. If you are running longer distances, it is recommended that you drink water during the workout.
 5. It is best not to run the day before the test in order for the body to be fully recovered.

For Your Information . . .

The actual performance requirements for the tests are based on norms of a national population sample. These norms were established through testing by The Cooper Institute for Aerobics Research in Dallas, Texas. The required performance to pass each test is based on age and gender. While the absolute performance is different for the categories, the relative level of effort is identical for each age and gender group. All individuals are required to meet the same percentile rank in terms of their respective age/gender group.

If you have further questions, please feel free to contact Betty Henson at bahenso@comcast.net or call 309-360-5615.